

REFLECTIONS - DECEMBER 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Happy Bday John H.

- 10:00 Strength & Conditioning
- 10:30 Catholic Mass Service
- 11:30 Inspirational Message
- 1:30 Knowledge Challenge-Hist.
- 2:00 Volleyball Tournament
- 2:00 Upper Body Conditioning
- 3:00 Word Game Challenge
- 3:30 Mosaic Art Workshop
- 4:30 History Hour America
- 6:00 Board Game Club

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- 10:00 Weightlifting For Density
- 10:15 Voorhees Library Trip
- 10:30 DIY Potpourri Workshop
- 11:15 Puzzle Club
- 1:30 Tai Chi for Arthritis
- 2:00 Intro to Scrapbooking
- 3:00 Floral Design Workshop
- 4:00 Expressive Composition
- 6:00 Sound Bowl Meditation
- 6:30 Guided Garden Meditation

3 Happy Bday Sandy

- 10:00 Bone Builders
- 10:30 St. Andrews Catholic Mass
- 11:00 Baking Class with Ella
- 11:30 Mindful Movement
- 1:00 Beginner Soap Making
- 2:00 Zumba Dance Class
- 3:00 Spa Session - Rejuvenate
- 4:00 Beginner Photography
- 5:00 Musical Moments
- 7:00 Rosary Prayer

4

- 10:00 Guided Meditation
- 10:30 Jimmy Edwards Performs
- 11:15 Seasonal Décor Tour
- 1:30 Drawing Session
- 2:15 Community Reflections
- 3:15 FIT Walking Group
- 4:00 Great Poets of America
- 4:30 Musical Moments
- 6:30 Gratitude Journaling
- 6:30 Tai Chi For Arthritis

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- 10:00 Beginner Aerobics
- 10:30 Comedy Hour with Michael
- 11:00 Holiday Choir Rehearsal
- 11:30 Art Expression-Watercolor
- 1:30 Tai Chi for Arthritis
- 2:00 Hand Rejuvenation
- 2:30 Beth Tinnon Performs
- 3:00 Cocktail Hour
- 4:00 Open Art Studio
- 6:00 Virtual Museum Tour

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- 10:00 Yoga for Vitality
- 10:30 Barre and Balance Class
- 11:30 Tea Connoisseurs with Tia
- 1:30 Greeting Card Workshop
- 2:00 BAYADA Fitness Class
- 2:30 Wine & Cheese Social
- 3:00 Music Listening Hour
- 3:30 Dog Visit with Lil Bit
- 4:00 Serenity Nail Spa
- 7:00 Mummies Performance

7

- 10:00 Balance & Flex
- 10:30 Positive News & Views
- 11:00 Seeking Wisdom & Advice
- 1:00 Board Game Club
- 2:00 Cardio Aerobics
- 2:30 Studio Arts - Acrylics
- 3:30 Trivia Challenge
- 4:00 Yahtzee Club
- 6:00 Bible Studies
- 6:30 Aromatherapy Session

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- 10:00 Strength & Conditioning
- 10:30 Catholic Mass Service
- 11:30 Inspirational Message
- 1:30 Knowledge Challenge-Hist.
- 2:00 Volleyball Tournament
- 2:00 Upper Body Conditioning
- 3:00 Word Game Challenge
- 3:30 Mosaic Art Workshop
- 4:30 History Hour America
- 6:00 Board Game Club

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- 10:00 Weightlifting For Density
- 10:15 Dollar Tree Trip
- 10:30 DIY Potpourri Workshop
- 11:15 Puzzle Club
- 1:30 Tai Chi for Arthritis
- 2:00 Intro to Scrapbooking
- 3:00 Floral Design Workshop
- 4:00 Expressive Composition
- 6:00 Sound Bowl Meditation
- 6:30 Guided Garden Meditation

10 Happy Bday Mary C!

- 10:00 Bone Builders
- 10:30 St. Andrews Catholic Mass
- 11:00 Baking Class with Ella
- 11:30 Mindful Movement
- 1:00 Beginner Soap Making
- 2:00 Zumba Dance Class
- 3:00 Spa Session - Rejuvenate
- 4:00 Beginner Photography
- 5:00 Musical Moments
- 7:00 Jersey Sound Choir

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- 10:00 Guided Meditation
- 10:00 Bake Sale for Alzheimer's
- 10:30 Seasonal Décor Tour
- 1:30 Guitar Duo Performs
- 2:00 Tai Chi For Arthritis
- 3:15 FIT Walking Group
- 4:00 Great Poets of America
- 4:30 Musical Moments
- 5:30 Alz. Support Group
- 6:00 Cardio Drumming

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- 10:00 Beginner Aerobics
- 10:30 Comedy Hour with Michael
- 11:00 Holiday Choir Rehearsal
- 11:30 Art Expression-Watercolor
- 1:30 Tai Chi for Arthritis
- 2:00 Hand Rejuvenation
- 2:30 Steve Fertel on Piano
- 3:00 Cocktail Hour
- 4:00 Open Art Studio
- 6:00 Virtual Museum Tour

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- 10:00 Yoga for Vitality
- 10:30 Barre and Balance Class
- 11:30 Tea Connoisseurs with Tia
- 1:30 Greeting Card Workshop
- 2:00 BAYADA Fitness Class
- 2:30 Wine & Cheese Social
- 3:00 Music Therapy with Julia
- 3:30 Dog Visit with Lil Bit
- 4:00 Serenity Nail Spa
- 6:00 Meditative Breath

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- 10:00 Balance & Flex
- 10:30 Positive News & Views
- 11:00 Seeking Wisdom & Advice
- 1:00 Board Game Club
- 2:00 Cardio Aerobics
- 2:30 Studio Arts - Acrylics
- 3:30 Trivia Challenge
- 4:00 Yahtzee Club
- 6:00 Bible Studies
- 6:30 Aromatherapy Session

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- 10:00 Strength & Conditioning
- 10:30 Catholic Mass Service
- 11:30 Inspirational Message
- 1:30 Knowledge Challenge-Hist.
- 2:00 Volleyball Tournament
- 2:00 Upper Body Conditioning
- 3:00 Word Game Challenge
- 3:30 Mosaic Art Workshop
- 4:30 History Hour America
- 6:00 Board Game Club

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- 10:00 Weightlifting For Density
- 10:15 Boscovs Shopping Trip
- 10:30 DIY Potpourri Workshop
- 11:15 Puzzle Club
- 1:30 Tai Chi for Arthritis
- 2:00 Intro to Scrapbooking
- 3:00 Floral Design Workshop
- 4:00 Expressive Composition
- 6:00 Sound Bowl Meditation
- 6:30 Guided Garden Meditation

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- 10:00 Bone Builders
- 10:30 St. Andrews Catholic Mass
- 11:00 Baking Class with Ella
- 11:30 Mindful Movement
- 1:00 Beginner Soap Making
- 2:00 Zumba Dance Class
- 2:30 Chef Cooking Demo
- 3:00 Spa Session - Rejuvenate
- 5:00 Musical Moments
- 7:00 Rosary Prayer

18 Caroline S Bday

- 10:00 Guided Meditation
- 10:30 Nick Canzanese Performs
- 1:30 Drawing Session
- 2:00 Final Choir Practice
- 3:00 Resident Council Meeting
- 3:15 FIT Walking Group
- 4:00 Great Poets of America
- 4:00 Tai Chi For Arthritis
- 4:30 Musical Moments
- 7:00 Holiday Choir Concert

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- 10:00 Beginner Aerobics
- 10:30 Comedy Hour with Michael
- 11:00 Weird NJ Stories
- 11:30 Art Expression-Watercolor
- 1:30 Tai Chi for Arthritis
- 2:00 Hand Rejuvenation
- 2:30 Jay Daniels on Piano
- 3:00 Cocktail Hour
- 4:00 Open Art Studio
- 6:00 Holiday Lights Trip

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- 10:00 Yoga for Vitality
- 10:30 Barre and Balance Class
- 11:30 Tea Connoisseurs with Tia
- 1:30 Greeting Card Workshop
- 2:00 BAYADA Fitness Class
- 2:30 Wine & Cheese Social
- 3:00 Music Listening Hour
- 3:30 Dog Visit with Lil Bit
- 4:00 Serenity Nail Spa
- 6:00 Meditative Breath

21 1st Day of Winter

- 10:00 Balance & Flex
- 10:30 Positive News & Views
- 11:00 Seeking Wisdom & Advice
- 1:00 Board Game Club
- 2:00 Cardio Aerobics
- 2:30 Studio Arts - Acrylics
- 3:30 Trivia Challenge
- 4:00 Yahtzee Club
- 6:00 Bible Studies
- 6:30 Aromatherapy Session

22 Terry & Stella Bday

- 10:00 Strength & Conditioning
- 10:30 Catholic Mass Service
- 11:30 Inspirational Message
- 1:30 Knowledge Challenge-Hist.
- 2:00 Volleyball Tournament
- 2:00 Upper Body Conditioning
- 3:00 Patch heART Works Visit
- 3:30 Mosaic Art Workshop
- 4:30 History Hour America
- 6:00 Board Game Club

23

- 10:00 Weightlifting For Density
- 10:15 Walmart Shopping Trip
- 10:30 DIY Potpourri Workshop
- 11:15 Puzzle Club
- 1:30 Tai Chi for Arthritis
- 2:00 Intro to Scrapbooking
- 3:00 Floral Design Workshop
- 4:00 Expressive Composition
- 6:00 Sound Bowl Meditation
- 6:30 Guided Garden Meditation

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- 10:00 Bone Builders
- 10:30 St. Andrews Catholic Mass
- 11:00 Baking Class with Ella
- 11:30 Mindful Movement
- 1:00 Beginner Soap Making
- 2:00 Decadent Desserts Series
- 3:00 Spa Session - Rejuvenate
- 4:00 Beginner Photography
- 5:00 Musical Moments
- 7:00 Rosary Prayer

25 Christmas&Hanukkah

- 10:00 Guided Meditation
- 10:30 Community Caroling
- 11:00 Its A Wonderful Life
- 1:30 Drawing Session
- 2:15 Holiday Reflections&Gifts
- 3:15 FIT Walking Group
- 4:00 Great Poets of America
- 4:30 Musical Moments
- 6:00 Cardio Drumming
- 6:30 Tai Chi For Arthritis

26 Kwanzaa Begins

- 10:00 Beginner Aerobics
- 10:30 Comedy Hour with Michael
- 11:00 Weird NJ Stories
- 11:30 Art Expression-Watercolor
- 1:30 Tai Chi for Arthritis
- 2:00 Hand Rejuvenation
- 2:30 Joey Joy Vocalist
- 3:00 Cocktail Hour
- 4:00 Open Art Studio
- 6:00 Virtual Museum Tour

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- 10:00 Yoga for Vitality
- 10:30 Barre and Balance Class
- 11:30 Tea Connoisseurs with Tia
- 1:30 Greeting Card Workshop
- 2:00 BAYADA Fitness Class
- 2:30 Wine & Cheese Social
- 3:00 Music Therapy with Julia
- 3:30 Dog Visit with Lil Bit
- 4:00 Serenity Nail Spa
- 6:00 Meditative Breath

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- 10:00 Balance & Flex
- 10:30 Positive News & Views
- 11:00 Seeking Wisdom & Advice
- 1:00 Board Game Club
- 2:00 Cardio Aerobics
- 2:30 Studio Arts - Acrylics
- 3:30 Trivia Challenge
- 4:00 Yahtzee Club
- 6:00 Bible Studies
- 6:30 Aromatherapy Session

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- 10:00 Strength & Conditioning
- 10:30 Catholic Mass Service
- 11:30 Inspirational Message
- 1:30 Knowledge Challenge-Hist.
- 2:00 Volleyball Tournament
- 2:00 Upper Body Conditioning
- 3:00 Word Game Challenge
- 3:30 Mosaic Art Workshop
- 4:30 History Hour America
- 6:00 Board Game Club

30

- 10:00 Weightlifting For Density
- 10:15 Tim Hortons Outing
- 10:30 DIY Potpourri Workshop
- 11:15 Puzzle Club
- 1:30 Tai Chi for Arthritis
- 2:00 Intro to Scrapbooking
- 3:00 Floral Design Workshop
- 4:00 Expressive Composition
- 6:00 Sound Bowl Meditation
- 6:30 Guided Garden Meditation

31 New Years Eve

- 10:00 Bone Builders
- 10:30 St. Andrews Catholic Mass
- 11:00 Baking Class with Ella
- 11:30 Mindful Movement
- 1:00 Beginner Soap Making
- 2:00 Zumba Dance Class
- 3:00 Spa Session - Rejuvenate
- 4:00 Beginner Photography
- 5:00 Musical Moments
- 7:00 Rosary Prayer



December Events

Jersey Sound Choir & Open House
12/10 at 7pm

Bake Sale for Alzheimers Association
12/11 at 10am-all day

Holiday Choir Performance
12/18 at 7pm

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care